

Action for Change

YES I CAN FOUNDATION



2019-2020

Annual Highlights

CONTENT

Title	Page no
1. Vision and Values	1
2. Mind Corner by Founder	3
3. Areas of intervention	4
4. Organization impact	8
5. Corona and We	10
6. My story with Yes I Can	12
7. My ability	19
8. Projects	25
9. My time with Yes I Can	35
10. Learning platform	40
11. Yes I can and sustainable development goals	44
12. Annual major events	47
13. Celebrity corner	57
14. Media recognition and achievements	69
15. Felicitations'	63
16. Join our team	64
17. Balance sheet.	66



Yes I can Foundation
Yes I can Action for change

Let's unit and fight,
Make a shield of togetherness and save lives.
With a little step and contribution,
Let's give them a contagious smile.

Annual Highlights

2019-2020

We believe in 'Creating a difference' with
active efforts and by applying creative
thinking and uniqueness to solve the
challenges faced by underprivileged in this
society.

Values

1.**Inclusiveness**- Our work enables marginalised communities, such as trans-gnders, specially abled people. We believe in making their lives sustainable.

2.**Accountability**- We hold ourselves accountable to the highest level of ethical behaviour and responsible for our actions, while maintaining integrity in our performance.

3.**Empathy**- To be empathetic to all those associated with Yes I Can and ensure a high sense of understanding of the feelings of all our beneficiaries.

4.**Quality-Driven excellence**- We believe in delivering the highest quality of work without compromise, with a vision to settle for nothing short of the best in every aspect of our functioning while representing our efforts in the sector

5.**Innovativeness and creativity**- We believe in pursuing innovative and effective solution, creative ideas and ongoing improvement. Innovation is a key driving our growth with our best volunteers.

6.**Collective action and solidarity**- We strive for joint action and cooperation whenever justified by our mission, and stand with and by other NAOS when they are faced with challenges in their work.

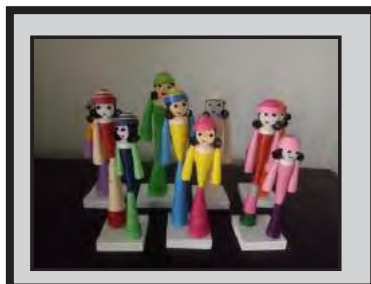
7. **Integrity**- We are committed to honesty, accountability and transparency in all our endeavours.

8.**Teamwork and excellence**- We believe in effective teamwork and collaboration while working on the projects. We are committed to participatory decision making.

9.**Equality**- We believe in the equal value of every human being and the importance of respecting and honouring each individual;we know that change happens through people.

Our Vision

- 1.To make a difference by developing of innovative projects and through undertaking activities in social sector by involving all the beneficiaries.
- 2.We believe in 'Making a difference' with active efforts and by applying creative thinking and uniqueness to solve the challenges faced by the underprivileged in the society.
- 3.Yes I Can Foundation attempts to implement projects/activities through the creative ideas of volunteers with unique approach which makes this foundation different from all other organizations.



Mind corner – By Founder

We are delighted to present our FY 19-20 annual highlights to you and we are sure you will enjoy reading this.

Year 19-20 will always be remembered for happy and not so happy memories. As we all are aware of the time when most Non for profit organizations at the stage of projects completion for the end of financial year when the pandemic crisis shook us. However with the strong notion of 'Show Must Go On' we carried out our projects successfully .

As a reader, this report will take you on a pleasant journey on how we started our areas of intervention, our approach and most importantly our success stories which beneficiaries have shared .

At Yes I Can Foundation, we always believe that giving your 'Time' to someone who is in need is more precious than any other thing and thus we would like to present stories from our volunteers who have made a difference in the lives of our beneficiaries .

We are sure this report will bring important insights to you on the work carried out and the impact seen. During this journey I wish to thank all our stakeholders, our partner organizations, students, volunteers, our well-wishers and supporters to make this journey wonderful .

Enjoy reading!

Neha Khare
Founder
Yes I Can Foundation



Ms. Khare(Founder of Yes I Can Foundation) 2nd from right with students

AREAS OF INTERVENTION

Resources of the foundation are intended for initiatives pursuing goals in the following main areas of intervention in the areas of Special needs delivery, Building livelihood workshops, Mental Health and Education.



Disability & Special Needs

We work with children and youth with special needs to empower them to live a life of dignity and independence.

- **Pet therapy .**
- **Accessible Knowledge sharing .**
- **Providing platform to earn livelihood opportunities.**
- **Mobility training .**



Skills building & Livelihood



- We impart training to the underprivileged and unreached communities to improve livelihood opportunities and skill development of the Functionaries.
- Our key program includes training underprivileged girls' for geriatric care giving skills and enabling them for employment.
- Foundation also empowers transgender population to provide skill development and to increase earning potential.



Mental Health & Welfare Area



We provide preventive services to the marginalized population across urban areas, rural and tribal areas.

- Mental Health Workshops.
- Personality development programs for underprivileged children living with conflicts.
- Mental well being of senior citizens living in old age homes.



Education Area



We strive to ensure holistic education of all children and youth, to improve the readiness among children by improving their development profile to help optimal learning.

- **Physical well-being and soft skills development.**
- **Language development.**
- **Material for learning with-“Back to school campaign”.**



ORGANIZATION IMPACT

Yes I Can Foundation extends across cities, such as Mumbai, Navi Mumbai, Thane, and Pune. For a few projects foundation has also reached beyond boundaries to Kashmir. However our all projects are aimed towards one goal: **“Creating a Difference”**.

We are spreading wings and we have reached 20+ projects. We have touched the lives of more than 400 people through our collective efforts.

The foundation believes that learning is a key part of our life, effective learning should start an early age because it helps to nourish child's mind. For example our projects ***Hello! Who is Speaking Please*** focuses on English language development for underprivileged children and children living in conflict as a unique concept where professionals are connected with children only using smart phones to develop a bond and to polish their language skills set.

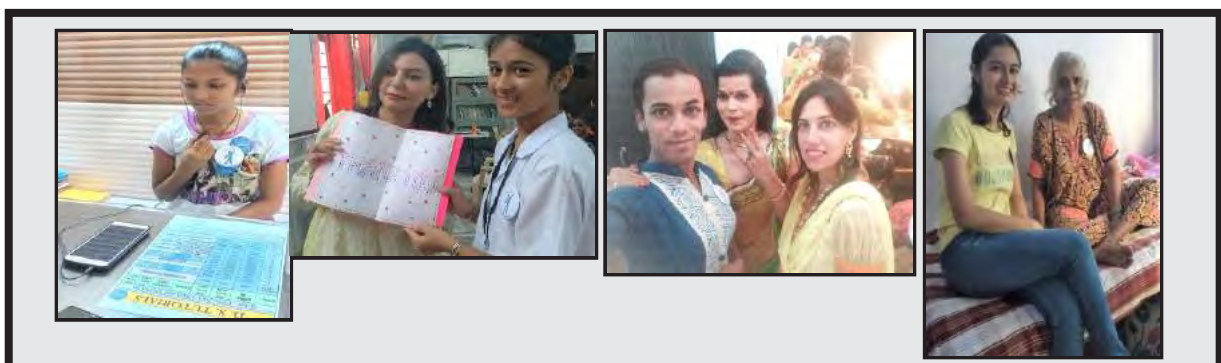
As a child grows and gains independence our project focuses on helping students to earn livelihood opportunities such as our project ***Saksham*** aims at training underprivileged youth in geriatric caregivers training program.

Foundation understands that there is an empty nest situation as one crosses certain age and thus for those who are in their silver innings, foundation has unique project-***Ashirwad*** through which mental health of senior citizens at old age homes are being taken care of.

Foundation believes in 'Inclusion for all' and this *Transgender*s too play a key role when it comes to project beneficiaries.

Age diversity in the workplace brings different experience, expectations, styles, and perspectives. As everyone shares a bond of love and care, all these differences can become a source of strength and innovation when addressed and managed the right way.

Working with different age groups makes our organization unique and effective.



OUR APPROACH

We address beneficiaries' emotional and psychological needs, by being their extended family. Our programs provide a safe environment to our beneficiaries to learn and express themselves creatively and act as a catalyst to discover, grow and show-cast their skills.



Need Assessment

Yes I Can team believes in assessing needs to understand the purpose of the project.



Mentorship

To straighten one to one connection with our beneficiaries, We believe in equipping skills of beneficiaries through various tools and programs with support from mentors/ skilful

INTERVENTION THROUGH PROJECTS



Based on the project needs different intervention strategies are planned which include group sessions, individual sessions, mentoring, training programs for successful outcomes.



IMPACT ASSESSMENT WITH OUTCOMES



An outcome is a key success to every project. Yes I Can team believes in creating an 'Inclusive Society' to ensure the impact of projects through small assessments, discussions with beneficiaries to evaluate an impact.

CORONA AND WE SHOW MUST GO ON

The worldwide outbreak of the covid-19 pandemic has left the world in the face of an unprecedented crisis. Due to the enforced national lockdown, the lives of thousands of daily wage and migrant workers along with their families are crumbling down. In these times of uncertainty, we believe that it is our duty, as a committed organization, to support them, to ensure that the relief measures trickle down to the grassroots, for the vulnerable communities, who need it the most.

It takes some time to build a new habit and when it's about our beneficiaries, our organization head up into digital world. By changing our approach to work with them through digital networks.

In this digital world we all are connected to each other even from miles, digital mode of operations makes it easy to stay in touch, we can work remotely, connected by words, calls, video, audio, and it is helping in our training to operate skills development programs.

Skills and education based programs on digital mode- Our projects targeted to underprivileged girls for geriatric care taker's skills development as well as projects related to education for development of soft skills shifted to virtual mode along with virtual volunteering by our team members. In fact considering the need of the health sector, we revisited our approach towards the program and incorporated aspects of pandemics in our program.



RELIEF WORK PROGRAMS

Relief work for transgender community:

The global pandemic covid-19 has virtually affected every individual on the face of this earth. We believe that the need of the hour is to collaborate, protect, empower and provide essentials to the affected communities and fronting workers.

Our commitment to helping people live better, healthier lives, we have been constantly exploring ways and means to support the communities around us. We should not neglect trans-genders community as majority of them earn their incomes through marriages and functions which are not taking place. We help them with the basic essential needs and by distributing grocery kits. Keeping in mind that they are also our family and family is the only one who helps in hard times. Our trans-gender student's teams are helping in distributing and providing the basic needs to everyone.

Relief work for single mothers

The situation that has arisen due to the corona virus pandemic has added to the worries and concerns of single mothers and widows. Single parent are twice as likely as coupled households to live in poverty, to work in low-paying, insecure work and to rely on safety net of social security. Our immediate priority is, of course, to make sure that they get enough essential needs and provide them the grocery kits to survive and that they have the practical support to get through the crisis.

Virtual internships opportunities to students

The months from April to July are traditionally called the internship season for the student community. However, due to covid-19, a lot of organizations aren't able to hire the summer interns.

Due to the outbreak while many have decided to turn their summer internship into virtual internship opportunities. Yes I Can foundation has given the opportunity to the undergraduate and post-graduate students from different fields to be a part of our foundation and can apply for virtual internship. Virtual internship benefitted students to learn many aspects and exposure to real working life.



MY STORY- WITH YES I CAN

Rising star of family Ms. HEENA and VAIBHAVI

How does it feel when you know that you are the supporting hand of your family? When we realized this, it was a proud moment for us. Learning Something new every-day has become our hobby now. Our journey is also same like others, the way they help their families to earn. We are also supporting our families through a job of a caretaker for senior citizen patients.

Though community mobilizer we came to know about this skills development program and we decided to join, we learned lots of new concepts from the field of geriatrics, not only that we also experienced handling senior citizen patient as a part of our field work during our course.

The journey of caretaker has been one long bumpy road but we can sum it up and say that it has been an amazing journey from day one. After participating in project Saksham and undergoing Geriatric care giving program training with Yes I Can Foundation and ASMITA in Mumbai.

Today we are in a better position to understand our patients; they share even the minute details of their life with us. We are much more than just caretaker, we have grown into one big happy family who are always looking out for each other.



Yes I Can Foundation has taught us on all the aspects related to caregiving when it comes to working with senior citizens.

Not only this, we have learned a lot from geriatric caregivers' skills. How to handle senior citizens, patients/ clients in different way than other caretakers do. This skill is helping us not in professional life but also in our personal life. The changes we have seen through ourselves and in behavior our families was just a magical moment for us. Bringing-up ourselves from that part of life when we thought ourselves futile to rising start of our family.

We thank Yes I Can Foundation for enabling us to provide livelihood opportunities; we also thank ASMITA for providing this opportunity to us to groom ourselves as a skillful geriatric caregiver.



- Coming out of shell...
- Story from project Hello! Who is speaking Please
 - (English with Smart phone)

When I count on the things in my life that played the most important part in building up me in a new personality. I count on at very first on the project of YES I CAN Foundation, “HELLO WHO IS SPEAKING project” a new way of my life with a big destination.

A big dream of great achievements which I will succeed one day. I’ am living in an orphanage with other girls; well it’s not an orphanage for me because I never thought it an unknown place. I’m living with a family who is fulfilling all my wishes and requirements. I was nervous when it comes to speaking English but through my orphanage I got in touch with Yes I can team who is works for education for girl child.

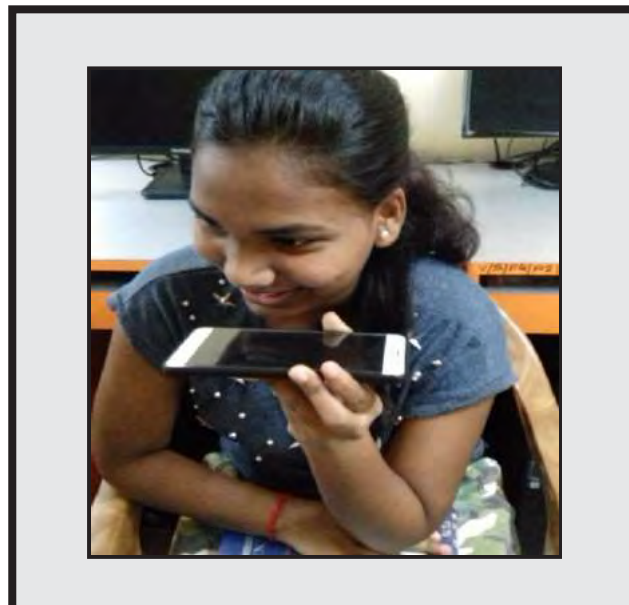
They are helping me to develop my inner personality, making me bold enough to take my stand in the society.

This project is helping me in my career guidance and English development. We are connected through mobile phones as name of project is HELLO WHO IS SPEAKING, every week we get a call from Yes I Can team member and there is theme based call where we speak in English and we are rated on our performance too. We get feedback and homework and every week our language is being tested for impact.

We discuss weekly about the progress and I share my experience with them. I’m learning a lot of through this project as I’m growing up and one day I will be independent to earn for myself. This inner confidence to face the outside world is helping me in growing.

In day time we visit to old age homes to help grandparents, I love to spend my time with them it feels like home when they share their whole day activities, experiences, that’s why I never felt alone here.

In future I want to be a part of this Foundation and want to expand our NGO to other cities also. What I have today is just because of my orphanage and YES I CAN teachers, my only wish for others is love; care, education and support should be given equally to everyone.



When CAT arrives at old age home.... Story from Project Ashirwad

Dear all readers, people call me Nargis Auntie but actually I am your Dadi or Nani !

I am staying in special care unit for senior citizens which is old age home, better to call it as 'HOME'

Some care homes have gourmet food, comfortable surroundings and care or assistance in daily living such as bathing, grooming, day to day management and much more.

Caregivers are like family members for us and help us in the middle of the night when we need help or be calmed down to go back to sleep.

I am happy in this caring environment. We never felt alone here. I feel connected to this place.

Most important is your family must visit you at-least weekly they should come to spend some time with you. I feel blessed with my family for showering with their love towards me never let me felt alone.

I am a part of Yes I Can team for all the activities being conducted and I never thought one day some special guests will visit our old age home.

We were told that someone special is visiting and we have to be ready in the morning, I was wondering who is coming so early morning to meet us out of the way.

And here they are when I saw at the main gate, I saw two gorgeous kittens entering at our premises. I love animals and I was so happy to have guest like this.

This was the part of pet therapy and experience was astonishing, we were shown how to groom them, how to pat them correctly, I also took a part in chocolate feeding to them. I realized that being with them was relaxing, complete stress free and I also felt positivity within me. Also as I was involved in so many activities to keep kittens busy, indirectly my daily exercises were done too.

I would like to thank YES I CAN Foundation for connecting me to the Ashirwad project. I love playing with cats, when I was young I had pets at my place. In this project I participated in “PET SET GO” pet therapy where we interact with pets of people and enjoy the moment.



Giving her wings to fly

Story of our transgender student

Society considers us as a ripen fruit, which is not of any use to the society. But society doesn't know the benefits of a ripped fruit. Some people neglect us and some thought transgender people should be protected from discrimination.

Yes I am a transgender and I feel proud of what I am today, I belong to a remote village in Maharashtra. My family were treated different by our neighbours when they experienced me behaving like a girl when I was born as a boy.

I never gave up on my dreams even after facing neglect from society. I came to Mumbai and started working in hospitality industry as a restaurant worker. I feel proud of myself that I'm earning for myself and took stand.

Here in Mumbai I found YES I CAN Foundation through which I found myself a new 'Purvis' with amazing art skills. I have started improving my personality and learning new skills in English as I'm working in a restaurant I need to be professional in some terms.

I have discovered that I am a great mehndi and sketch artist, my skills gave me a platform to participate in an exhibition organised by a 5star hotel in Mumbai in association with Unicorn entrainment at hotel Four Points Sheraton where I gained lots of confidence and costumers who loved my work.

At that very first time I felt surrounded by my people who treated me as one member of inclusive society.

Today because of Yes I Can team I can proudly say YES I CAN do it!



The Butterfly kid....

Story from education project

Hey I am Yash from Mumbai I live in suburbs of Kurla and I belong to one of the slum Communities of Mumbai.

I was born to be a shy kid and I love to fly like birds. Even I love to do art and craft work in my free time. You know what I wish every-day before going to bed that I could complete my education and become a wise man who helps everyone.

I am connected to DS tutorial community, which is a study centre for those who want to learn new just like me. Through my teachers I came in contact with YES I CAN foundation and I got enrolled in education project to improve my English and personality development for below 18 years of students.

When it comes to English speaking I used to get nervous. Because of my shy nature, everyone found difficulty in the starting while teaching me, opening-up in front of everyone was a big task for me.

Then some volunteers helped in learning new skills, I have learned so many new words in English and now I am comfortable in speaking with them and others also.

My personality also improved with proficient English. In personality development workshop I learned how to make eco-friendly idol from soil and without using plaster of paris. I made a Ganesh Idol in the workshop. I felt proud of myself when I saw something created on my own.

I feel more confident now. A brave confident kid who will be a wise and good man one day. Yes I CAN do better next year too!



Her struggles came to an end...

**Story from project Saksham – Women and girl child empowerment
wing at Yes I Can Foundation.**

Working at YES I CAN has helped strengthen my positive attitude towards life. After overcoming several challenges, I have realized that no matter what the challenge is, if I want to learn new with my team members towards making a difference for everyone, we can always find a solution to it. After losing my mother and brother due to unforeseen circumstances, for a time I was not stable to live my life again. Then I came to know through NGO SNEHA where I was learning nursing skills, I got to know about geriatric skills and employment opportunities provided by YES I CAN Foundation. I took up employment in an old age home and I learned how to shape once life in any circumstances, a girl who never struggled in life now struggling to shape her career as well as accommodation. YES I CAN team and SNEHA team helped me in training me geriatric. During my employment period as a geriatric caretaker it provided me hands on experiences in practice regarding working with senior citizens and understanding their needs. Do you know what is the most interesting part of this job is I feel like a living with family with so many Dada- Dadis around and their blessings. Here I met so many pure souls with whom I feel connected and they always support me in my new learnings. I never feel alone and now my family is also complete. Caretaking is not just my job; this is a form of blessing from everyone. With this experience today I have moved on further for my employment in hospital setting to implement my leanings further, however I will always remember and cherish my days and YES I CAN say that I am different person now with more maturity and experience.



MY ABILITY

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”– Helen Keller

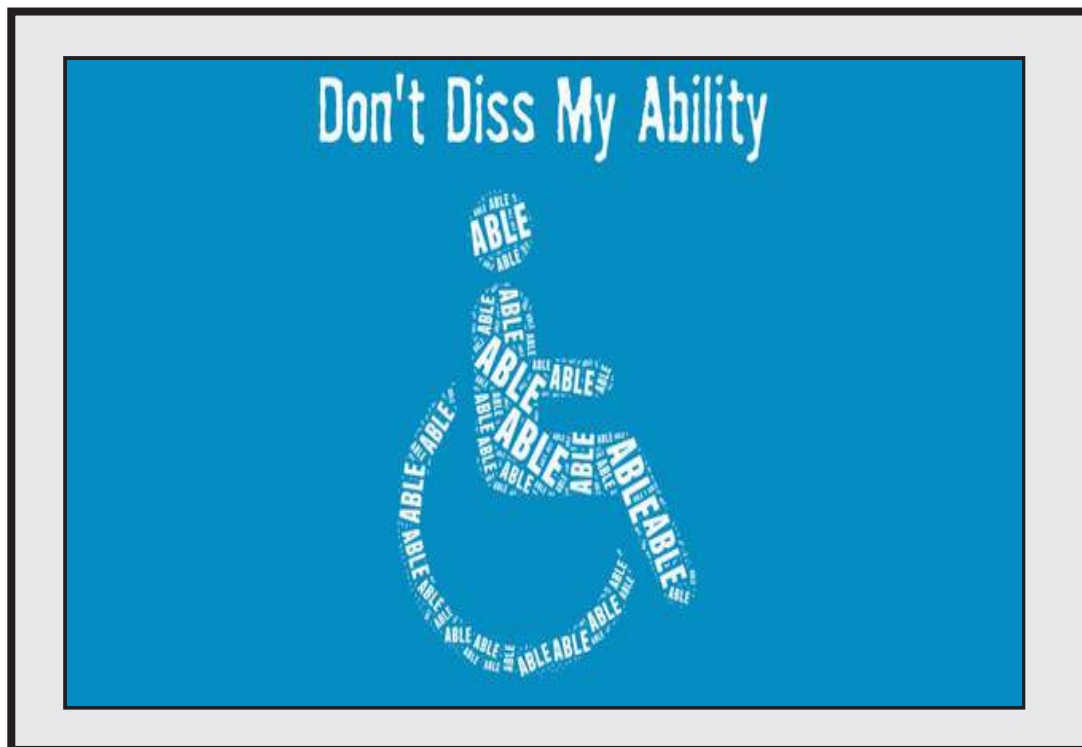
YES I CAN connects people with opportunities to transform the lives of our youth. Our holistic system-based approach emphasizes life skills. Many a times, the physically and intellectually challenged get more help and guidance when they are children.

But once they grow and reach to a certain age of adulthood, they need a support, they find themselves on their own with empty hands, no skills and no direction.

This is why YES I CAN comes in – to lend a helping hand to specially-abled youth and ensure that they live a life of dignity.

YES I CAN, a foundation provides support for youth and children with special needs and offers the opportunities for growth, self-reliance and independence, is accomplishing that and more.

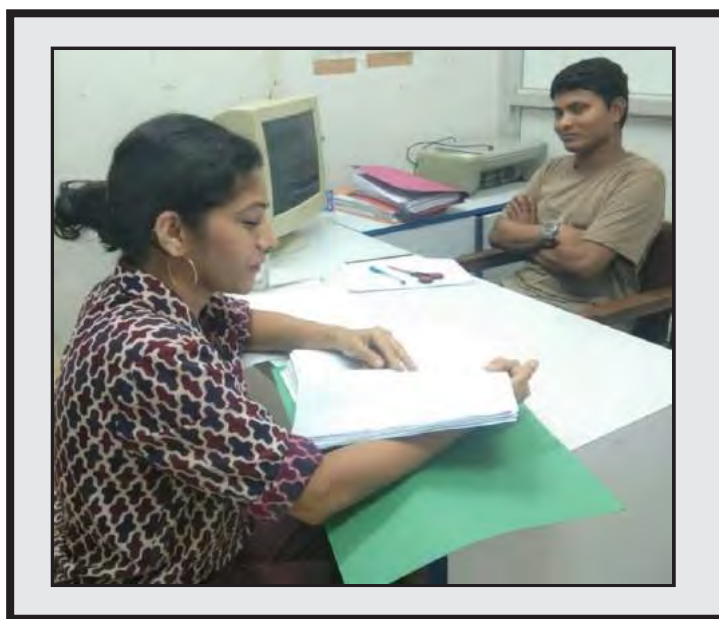
Yes I Can Foundation runs projects for specially abled children to empower them to earn their livelihood and to attend life skills. Here are our exciting stories from our special students.



Through their Eyes

Working with talented students is always a blessing for us. Atul is a professional working with National Associate for the Blind. He is one of the project coordinators responsible for activities coordination for NAB, Mumbai division.

While managing with such a great task at national level he needs some helping hand with him, who can help him in taking out files and document work. His challenge was translating hardcopies of files through readers so he can understand the content well and which in turn can help in his project execution.



Atul with volunteer reader from Yes I Can team

Atul approached us with his dilemma and our team guided him through visiting volunteers in his office to work as a reader for Atul.

Reading sessions used to take place from 11am. to 5.00pm in slots wherein our team members used to visit in rotations. This resulted in information gathering for Atul for his project related data and he could drive his project effectively.

Being visually challenged doesn't stop him in leading his goals and working for the nation. Such real spirit is becoming motivation for everyone.

When nothing can stop you....

Kishore, one of our bright student studying 'Physiotherapy' and his dream is to become a successful physiotherapist and serve patients with best practices.

Kishore lost his eyesight at the birth due to retina problems which are un-repairable. Kishore successfully completed his schooling with the guidance from readers and writers.

When it comes to studying for specialized field, guidance matters a lot specially for visually challenged students.

Kishore approached us where he was seeking guidance to convert his syllabus into recording form so he can study his physiotherapy notes and appear for final exams.



Student studying his physiotherapy classes with audio files by Yes I Can team

Our team guided him where special volunteer interest group is created to read the notes provided by Kishore and to explain him basic concepts.

Due to the pandemic situation there is uncertainty about final exams but our team wishes him very all the best to Kishore and we are sure one day he will be one of the successful and popular physiotherapist.

Their dreams.. Our vision

YES I CAN foundation provides guidance to SSC and HSC visually challenged students through sending audio files for all subjects. Our aim is to empower visually challenged students through guiding them with audio recordings.

Every person feels the desire to be in an inclusive space surrounded by supportive people, we believe in learning and spreading knowledge with others. Our students can only listen to our audio files as there is challenge in accessing to notes.



Visually challenged SSC students listening to SSC syllabus recording by Yes I Can team

Yes I Can team is delighted to announce that through last consecutive two years our students have cleared their SSC and HSC exams with 100% results.

Reaching towards their Goal

*‘Art Washes Away from the soul
The dust of everyday life’- By Picasso*

YES I CAN comes across many creative students since its inception.

One of them is Team- Lakshya – group of specially challenged students nourished with talent.

Yes I Can team have noticed their abilities in terms of making of art and craft based products and decided to provide them various platforms to showcase their talent to the world.

Participation in various exhibitions not only helps in products sale but it also gives them immense confidence to represent oneself.

We are happy to see team Lakshya is able to connect with the society from where they got more connections and it becomes a leaning platform to them.



team Lakshya with products during one of the exhibition

Sparshgyan – Knowledge through sense of Touch

The most difficult hurdle for the differently-abled people to cross is to attain economic independence and access to knowledge through various resources.

Our student, Nupur always wanted to learn through books but it was the most struggling part for her to be dependent on someone, waiting for the readers to help her in learning.



Our student with Braille magazine reading session.

Yes I Can Foundation is guiding her by providing regular Braille Magazines through which she can independently read and can gain knowledge in lifestyle, general knowledge and on various subjects such as science, politics and it is helping her in career guidance.

When she smiles that makes us happy and gives us more strength in guiding more students.

OUR PROJECTS

EDUCATIONAL PROJECTS

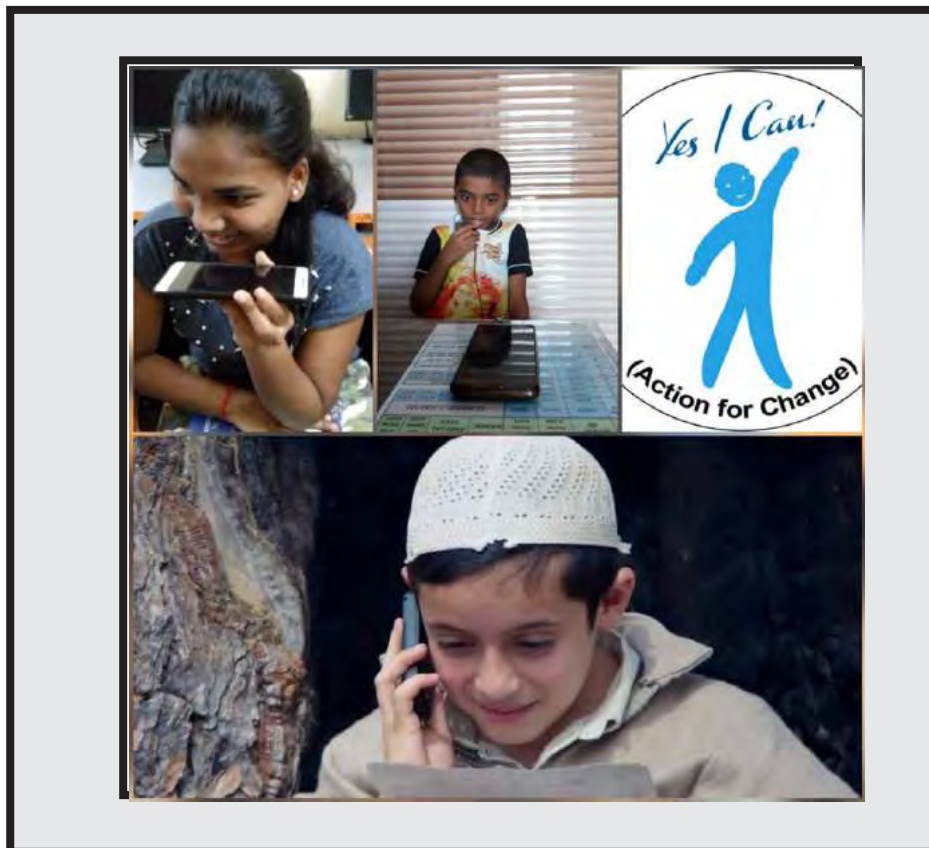
(More than 260 beneficiaries part of our education project)

“The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one.” - Mark Twain

HELLO WHO IS SPEAKING PLEASE!

While the journey of learning language takes time and it undoubtedly is filled with obstacles, one language set you in a corridor for life. Two languages open every door along the way. Language has a way of doing that. They open up your brain and you truly become more open-minded and more understanding of so many things, with different perspective.

YES I CAN is dedicated to their project for enhancing English Language of underprivileged children and making their life more comfortable and without conflicts. We have assisted more than 100 children with our volunteers and professionals through technology. Using Smartphone to develop a bond and to flourish their language skills. Every week student receives a call from our volunteers on specific theme and English conversation takes place with set content and ratings for impact assessments.



THE BUTTERFLY PROJECT

Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve your life, it will improve the lives of all those around you. Personality development is crucial to success. Success is not what you get but who you become.

“Personality development- the never ending chance to improve not only yourself but also attract opportunities and affect others” – Jim Rohn.

Through butterfly project foundation is working with more than 30 underprivileged children on value education and in soft skills development. We always teach them to look in the mirror that's your competition.



THE SUPER 30 PROJECT

with Guruji Foundation team

Education is what survives when what has been learned has been forgotten. Education is the most powerful weapon which you can use to change the world. YES I CAN team help their super 30 children in growing and teach them to take advantage of every opportunity to practice communication skill.

Under super 30 project, we take 30 underprivileged children to work with and we mentor them through the academic year. We help them in teaching new skills because learning is a lifetime gift. Through Guruji foundation this project is implemented and Yes I Can team members are involved through volunteering.



EYES FOR YOU

“My advice to other disabled people would be, concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit as well as physically” –

Stephen Hawking

Learners with autism, cerebral palsy, multiple disabilities and visual impairment, those suffering from speech or hearing defects, dyslexic and any other disabilities are provided with readers and writers through this project.

Yes I Can team also takes additional responsibility for training them for their competitive exams. It has been felt that differently abled persons need special arrangements in the environment for their mobility and independent functioning.

. They need readers for preparing themselves for their competitive exams. Our volunteers help them in reading their text books, record audio files, write their exams, and guide them for their bright future. Special portal www.eyesforyou.in has been designed to connect volunteers and their writers across the country.



SPARSHGYAN

We aim at enhancing the knowledge development of visually challenged youth by spreading knowledge to them from rural areas through the gift of knowledge.

The Braille magazine help the youth to stay updated with the happenings of the world. Road to success is not easy but faith in inner efforts is the strength that keeps them moving up forward. Although the world is full of suffering, it is also full of overcoming it. This magazine has helped students in support of not only in academic education but also in personal hobbies.

We have helped more than 30 beneficiaries through this project, Braille magazine helps in empowering the youth where they can access all the general knowledge information.



SKILLS DEVELOPMENT PROJECTS

(More than 135 beneficiaries part of skills development project)

PROJECT SAKSHAM

Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something.

In order to rise from its own ashes, a phoenix first must burn. It's not always necessary to be strong, but to feel strong. YES I CAN is working on skilling underprivileged girls in geriatric caretaking and an enabling environment for them to work with senior citizens as professional care takers. This project is implemented with organizations SNEHA and Asmita in Mumbai, Maharashtra with more than 90 underprivileged girls.

Our aim is to train them in different modules specialized to geriatric care giving and focus is more on training them on psychological and mental health aspects of an old age and making them employable.



SKILLS DEVELOPMENT FOR TRANSGENDER

“Race, gender, religion, sexuality, we are all people and that's it. We're all people, we're all equal”

Connor Franta

Transgender people come from all walks of life. They are dads, moms, brothers, sisters, sons and daughters. They are our coworkers, and our neighbors. They are a diverse community, representing all racial and ethnic backgrounds.

YES I CAN's message to all transgender youth out there, we would like to say respect yourself and proud of who you are. All human beings deserve equal treatment no matter their gender identity or sexuality. To be perceived as what you say you are is a basic right for everyone.

. YES I CAN team worked with more than ten transgender youth in their mental-growth and empowering them with English, employability skills by conducting workshop on 'Self-love' and meditation to increase their self-esteem.

We train them in all necessary fields which will empower them with great confidence.



EK EHESAAS

Being disabled should not mean disqualified from having access to every aspect of life. Yes I Can team is working on skills development for the specially-abled youth in making their life more cheerful and full of opportunities, and creating an inclusive society.

When everyone says you can't, determination says, "Yes you can" Our foundation believes in challenges because with changes in life we can beat our fears and can learn from those changes.

There is a plan and a purpose, a value to every life, no matter what its location, age, gender or disability. YES I CAN has worked with more than 30 specially-abled youth, gave them platform to show-cast their talent and art-craft abilities and for creating inner confidence.

Foundation also conducts mobility training program to those who are in need.



SWAD

Woman is the full circle. Within her is the power to create, nurture and transform. YES I CAN's Project Swad aims at empowering underprivileged women through food packaging and servicing and we help our beneficiaries to earn their livelihood. We encourage our underprivileged women to create what they love; we never stop them from flying, exploring themselves with their hidden talent, nourishing their inner self with self-love and confidence of achieving what they aim for. Our motive is to empower them, the explorer of the new art-facts and opportunities.

More than five underprivileged women are part of this project. We encourage our volunteers to host feeding programs for special children, senior citizens and at orphanages using food prepared by Swad team.



MENTAL HEALTH PROJECTS

(More than 50 beneficiaries part of mental health project)

PROJECT ASHIRWAD

Our emotional, psychological, and social well-being. Only a healthy mind lives in a healthy body. Both physical and mental healths are equally important. Health and intellect are the two blessings because happiness is an essential and self-care is a necessity.

YES I CAN foundation is working on mental health for all the age groups proving them an inclusive and comfortable life.

However Project Ashirwad focuses on wellbeing of senior citizens in old age homes. With our team more than 50 senior citizens are enhancing their life with positive energy.



My Time with Yes I Can

You make a living by what you get. You make a life by what you give.”

~Winston Churchill

Yes I Can Foundation believes in contribution in terms of 'Time'.

Foundation encourages professionals from different fields to contribute in terms of '**Time**' and adding value to the existing projects.

Foundation is blessed to have more than 100 volunteers associated with it, contributing towards projects and making a difference in the lives of our beneficiaries.

Volunteers can approach foundation by filling up volunteer registration form at our website to get enrolled in projects.

Here are stories of our champions 'Time' contributors at Yes I Can

' I recently shifted to Mumbai city and was looking for an opportunity to serve the society , I came in contact with Yes I Can foundation and I participated in sessions , the most memorable event was spreading smiles through celebrations with underprivileged children and senior citizens, I wish all the best for all the future projects of foundation.' –

By - Ms.Jaswinder – volunteered to work with children and senior citizens.



‘ As a corporate professional, it becomes challenging to devote time for society , however what I appreciate about Yes I Can team is there are projects undertaken where we can serve society through virtual volunteering opportunities. I am glad I am in this journey of making a difference where I am involved in teaching English to underprivileged girls.

By Ms. Shreya – volunteered for teaching girls.



“Though it was a brief meeting with Yes I Can foundation student, it was memorable for me.

Through participation in 'Vivah' exhibition – transgender student Purvi has shown her talent and it was amazed to see her artistic ability.

Through such events, we can create an inclusive society where transgender are accepted with respect,

Ms. Jaya Gawande – volunteered for transgender and underprivileged youth



“Volunteering has been always a pleasant experience for me and with Yes I Can team I have many memories to connect with. Specially when I was involved with project through which I got an opportunity to train underprivileged girls, in English speaking and confidence building. Thanks to Yes I Can team for providing opportunity to me to make a difference.”

Ms. Shrija Rajan volunteered for underprivileged girls



‘ As a student I joined Yes I Can team to learn my social work perspective ,

I got exposed to many field action projects and one is project Ashirwad where I got an opportunity to interact with senior citizens. I have learned to understand their mindset and to plan activities for them to boost their mental health. Moreover the time spent with them during my volunteering period is always memorable as I have a satisfaction that I could make someone smile at the end of the day' –

By- Student Intern at Yes I Can.



LEARNING PLATFORM with Yes I Can

Virtual internships opportunities to students

The months from April to July are traditionally called the internship season for the student community. However, due to covid-19, a lot of organizations aren't able to hire the summer interns.

Due to the outbreak while many have decided to turn their summer internship into virtual internship opportunities.

Yes I Can foundation has given the opportunity to the undergraduate and post-graduate students from different fields to be a part of our foundation and can apply for virtual internship.



Possessing knowledge about something and practically experiencing the same are two entirely distinct things and both demand expertise in their individual capacity. Institutions, organizations, academics, etc. are some sources for gaining theoretical and practical knowledge.

We created the program with the intention to serve students with our team. At Yes I Can, we believe that practical training is the first step to get into social sector. Internship program at foundation invites students from following streams with Post or under- graduation.

- Social work
- Psychology
- Media and communication
- Management

Internships are a part of our volunteer action programme. Our interns come from diverse profession, educational background and are seen as integral contributors to the movement for rights for everyone.

The internship is recognized as a beginning of a much longer relationship with Yes I Can Foundation and the intern, as well as the institution they represent.

Objectives of internships are:

- To provide an opportunity to interns, to put into practice and deepen their theoretical knowledge of development issues.
- To provide platform to develop more grounded understanding of challenges in context to our underprivileged beneficiaries.
- To provide opportunities to strengthen, to scale up and to build volunteer programmes.
- To give interns an opportunity to learn researching, campaigning, skills development and operational aspects of development work.
- The interns get an opportunity to explore, know and contribute in important mainstream work of the organization.

Internships programs in 19-20

During the year 19-20 more than 6 students were selected by the foundation to work with on various platforms with in-depth approach.

At the end of the FY19-20 Amity University Delhi has joined hands with Yes I Can Foundation for virtual internships

Reaching to Tribal children with making a difference

Through our Butterfly project we aim to invest ourselves in the investment of our students' life, we work more on value education.

Through this internship program two students were engaged in a program for tribal children, in believe of changing them into a competitor of life.

Students conducted a spoken English activities as well as distribution of stationery. They experienced the zeal in learning with memorable moments.

Learning's with blessings –

Through Project Ashirwad, an opportunity was given to two intern students from the college of nutrition to work on dietary needs of senior citizens.

Students were engaged with their nutritional needs for an inclusive and comfortable life. Enhancing their life with positive energy as happiness is an essential part of healthy life.

When a girl educates a Girl child-

We must believe that we are gifted for something and that these things must be attained, it's not always necessary to be strong, but to feel strong.

Our intern student has worked on menstrual hygiene, educating girl child with personality development and hygiene awareness.
While older girls were given some basic skill training on self-protection and health care.

Our student participated in the distribution of sanitary napkins drive organized by the foundation.

Girls were made aware about menstrual myths and communication skills by delivering a message of feel proud of your periods as it is a part human body; there is no shame if women bleed

Skilling them up

An intern student undertakes capacity building sessions - English language has become the global language which dominates in various fields mainly in teaching.

Yes I Can Foundation undertakes grass root level organizations staff skills development sessions in which our intern was engaged in Business English for academically as well as for personal development.

Celebrations with a cause by intern students –

Our intern students were also engaged in conducting awareness sessions for our underprivileged children on eco friendly idol making and importance of environmental friendly festivals.



YES I CAN & SUSTAINABLE DEVELOPMENT GOALS



The sustainable development goals are a global agenda, with a vision of ending poverty, protecting the people and ensuring to achieve better and more sustainable future with peace and prosperity.

At Yes I Can, We are determined to take the bold and transformative steps which urgently needed to shift the society onto a sustainable and resilient path with various projects and goals.

YES I CAN attempt to achieve following sustainable development goals.





GOAL 2. ZERO HUNGER:-

In our efforts to end hunger, we are ensuring vulnerable children; families and communities have access to the food, nutrition education. Our Project Swad aims at empowering underprivileged women through food packaging and servicing and we help our beneficiaries to earn their livelihood. They need to live safely and securely. We encourage our underprivileged women to create and learn what they love, our motive is to make them empower and to explore the new facts and gain opportunities.

GOAL 3. GOOD HEALTH & WELL-BEING:-

With Project Ashirwad mental health and well being of senior citizens are care taken. Apart from that through our project 'Butterfly' we promote mental health for children through various activities and counselling.



We provide services to the marginalized population across urban areas, rural and tribal areas with mental health workshops, personality development for underprivileged children living with conflicts.



GOAL 4. QUALITY EDUCATION:-

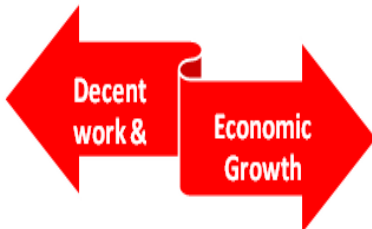
Foundation undertakes programs on development of skills including capacity building, English language development to enhance understanding on development discourse of underprivileged women, children, and specially-abled youth. We help children and youth with special needs to empower them to live a life of dignity and independence.

We strive to ensure holistic education of all children and youth, to improve the readiness among children by improving their development profile to help optimal learning through language development, soft skills development and with back to school campaign.



GOAL 5. GENDER EQUALITY:-Self-definition and self-determination are about the many varied decisions that we make compose and journey toward ourselves. Our team works on the mental health-growth and empowering lives of transgender with soft skills development. Enhancing their English language skills, employability skills by conducting workshops on self-love and meditation to increase their self-esteem. Training them in all necessary fields which help them to grow with confidence.

GOAL 8. DECENT WORK AND ECONOMIC GROWTH:-Our first step into promoting sustainable development would be leading by practicing day to day operations to the events hosted and attended by NGO.



Our aim is to impart skills and train the underprivileged girls in geriatric caretaking and an enabling environment for them to work with senior citizens. We train them with Project Saksham in different modules specialized to geriatric care giving and focus more on training on psychological and mental health. Personality development is crucial to success. We help our beneficiaries with soft skills development, self-education.

GOAL 17. PARTNERSHIPS TO ACHIEVE THE GOALS:- To build a better world, we need to be supportive, empathetic, inventive, passionate and cooperative.



Support is needed to ensure innovative technological development especially for developing country. We focus on strengthening the best practices for other non-profit organizations through guiding them in different aspects such as report writing, gaining visibility in social media, volunteering practices and staff training. Capacity building workshops with other NGO's enables them to grow to learn new in different aspects such as soft skills development.

Annual major events conducted by Yes I Can Foundation

Mango festival 2019

Mango Festival at Yes I Can Foundation aims at hosting special Mango meals to our beneficiaries including Aamras and Puris and making their day memorable.

This festival also aims at guiding underprivileged women by training in Mango theme snacks making and organizing feeding programs through them. More than 100 beneficiaries are beneficated by Mango Festival. 2019.



Mango Festival 2019



Back to school Campaign 2019

The capacity to learn is a gift, the ability to learn is a skill, the willingness to learn is a choice.

Objective behind back to School campaign is to provide necessary stationary kits to our student beneficiaries and preparing them for the new academic year.

For 2019 Back to School campaign tribal school in Neral is selected by foundation considering the inadequate stationery for the children and kits were distributed to them. Students were also oriented through value education sessions More than 50 children go benefited by this campaign in tribal region.



Menstrual hygiene awareness drive 2019

“What to shame, what to hide, all women grow with her, she's is not to a person but a part of our life. Menstruation is not a problem, thinking of our mind is. Let's break the taboo associated with it and let's raise the voice.”

Through this drive awareness sessions on menstrual hygiene is conducted to our beneficiaries who are underprivileged adolescent girls along with distribution of sanitary napkins for them.

These sessions not only helped them in understanding about menstrual hygiene and associated knowledge but it also guided them in understanding concepts such as Good v/s Bad touch and how to react and respond on the same to protect oneself. More than 50 girls were benefitted by this campaign.

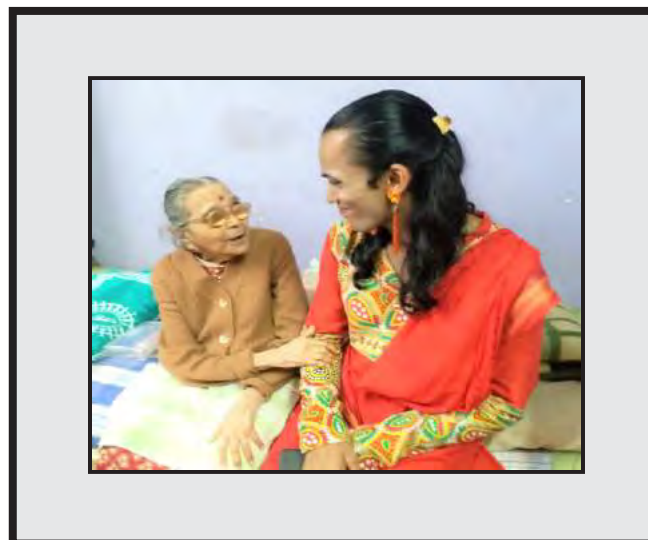


Inclusive tour for Inclusive Society – removing gender inhibitions! 2019

“A more inclusive society captures talent and ideas that reside at the margins. Simply having an attitude of inclusiveness and open-mindedness sees conducive to creativity.” – Richard Florida.

As one of the primary objective of the foundation is creating an 'Inclusive Society 'where all abled-disabled- transgender will get an equal opportunity to participate in society. Foundation's project on wellbeing of transgender focuses on the same and as a part of the inclusive tour was arranged where our transgender student along with our team members visited an old age home to interact with staff members in the old age home and to spend quality time with senior citizens in old age homes.

In the past such inclusive tours has been successfully conducted by the foundation with children to engage them with transgender students, however in 2019 senior citizens were involved and it helped them to remove their biases and stigma associated with it.



Make me their Santa 2019

“Mankind is a great, an immense family, this is provided by what we feel in our hearts” – Pope John.

Someone truly said sharing is caring and we believe in sharing love and caring emotions of our dear one.

One of the popular event of the organization is campaign Make me their Santa – as a unique event this campaign takes place between Dec and Jan and all our projects beneficiaries are encouraged to express their wishes to Santa. On the other hand our volunteers associated with the foundation act as a 'Santa' for our students and fulfil their wishes by sending gifts.

Care is taken to stick to educational and activity type wish list so meaningful learning takes place through this campaign. Not only student beneficiaries but also senior citizens as well as our specially abled children were part of this campaign. More than 100 beneficiaries were beneficated by this campaign in 2019.



Festival celebrations

During the year 19-20 Foundation celebrated Festival of Light

Foundation celebrated festival of lights in the project sites where programs such as eco-friendly Diya and Kandil making , Diwali faral distribution was organized by Yes I Can team.

These programs were organized for project Ashirwad (senior citizens homes), Project Education for the girl child with orphan students and for project Super 30 for underprivileged children.



Skit performance on Social inclusion by specially abled students

During Dec 19, group of visually challenged students from Yes I Can foundation performed a play to create awareness on Transgender community and inclusive society.

This play was organised at 'Third Eye Café, Navi Mumbai where transgender are employed in hospitality service.

This play was an eye opener for visitors and restaurant guests to for creating vision on 'Inclusion'.



Women's Day celebrations 2019

Yes I Can Foundation acknowledges efforts taken by women volunteers and our women beneficiaries and staff in successful accomplishments; same is being recognized on social platform on the occasion of women's day.

Yes I Can team thanked girl students under project Saksham, senior citizens caretakers, transgender students and student with special abilities who is an art and craft expert.



Time Donation campaign by Yes I Can-Nov 19

As a part of anniversary celebrations of the foundation, 'Time Donation' campaign was launched to encourage more volunteers to come forward to donate 'TIME' under the projects of foundation.

More than 100 stakeholders were reached through this campaign.

We Turned Two & There is much to CELEBRATE with our TIME DONATION Campaign (30th Nov to 30th Dec)

The best gift you could ever give someone is your TIME

1st to 25th Dec 19
Make me Their Santa-fulfil wishes of underprivileged and senior citizens

Skills donation for specially abled youth and underprivileged girls

30th Nov to 30th Dec
Write and post a letter to orphan kids and senior citizens

Write to neha.yesicanfoundation@gmail.com to know more

Yes I Can!

Purak Poshak Aahar –Feb 20

With the support of Team Spreading Smiles, campaign Purak Poshak Aahar was introduced by Yes I Can Foundation. Through this campaign healthy snack items were provided to girls from organization SNEHA who are part of geriatric skilling and nursing skills development program by SNEHA and Yes I Can team and low in haemoglobin level were identified.

Healthy snacks included items to boost the haemoglobin level of these girls such as dates/ Rajgira and Nachni were included in the packets provided by Yes I Can Foundation.

Due to pandemic of COVID19 the campaign could not continue in the long run and in pipeline to start soon.



Celebrity Corner

For Foundation our successful beneficiaries are our 'CELIBIRITIES' who have struggled a lot and achieved success in their lives, we are creating a path for them but walking on that path and getting closure to goals is in their hands.

However to motivate our students who are almost closure to goals and achievements.

We also cheer up for our 'Young by Heart' senior citizens to make them smile with fun. Foundation is happy to welcome celebrity artists who have shown interest in interacting our beneficiaries.

Krystle D'Souza is an Indian television actress; she was also listed 5th in the Top 20 Most Desirable Women on Indian Television 2017 by Times of India. Visited project Ashirwad to meet and interact with special care unit for senior citizens.

The event organized by Figaro oil and Little Black Book where Krystle along with Chef Chinu visited to prepare delicious snacks for senior citizens and for spending quality of time.



As a part of project Saksham wherein empowerment of girl child is the main objective, under geriatric skills development program with organization SNEHA, to motivate our pass out students' celebrity actor Chinmayee Sumeet visited the project.

Chinmayee Sumeet is not a new face in the Indian cinema, she is quite well known and a regular face on Marathi small screen operas, films and stage performance. Chinmayee Sumeet is a wife of a well known comedian actor - a popular actor in Indian Bollywood cinema and television series Sumeet Raghavan.

Chinmayee shared her experiences on struggle to achieve her goals which motivated our students; students too felt comfortable asking questions to her and got inspired.

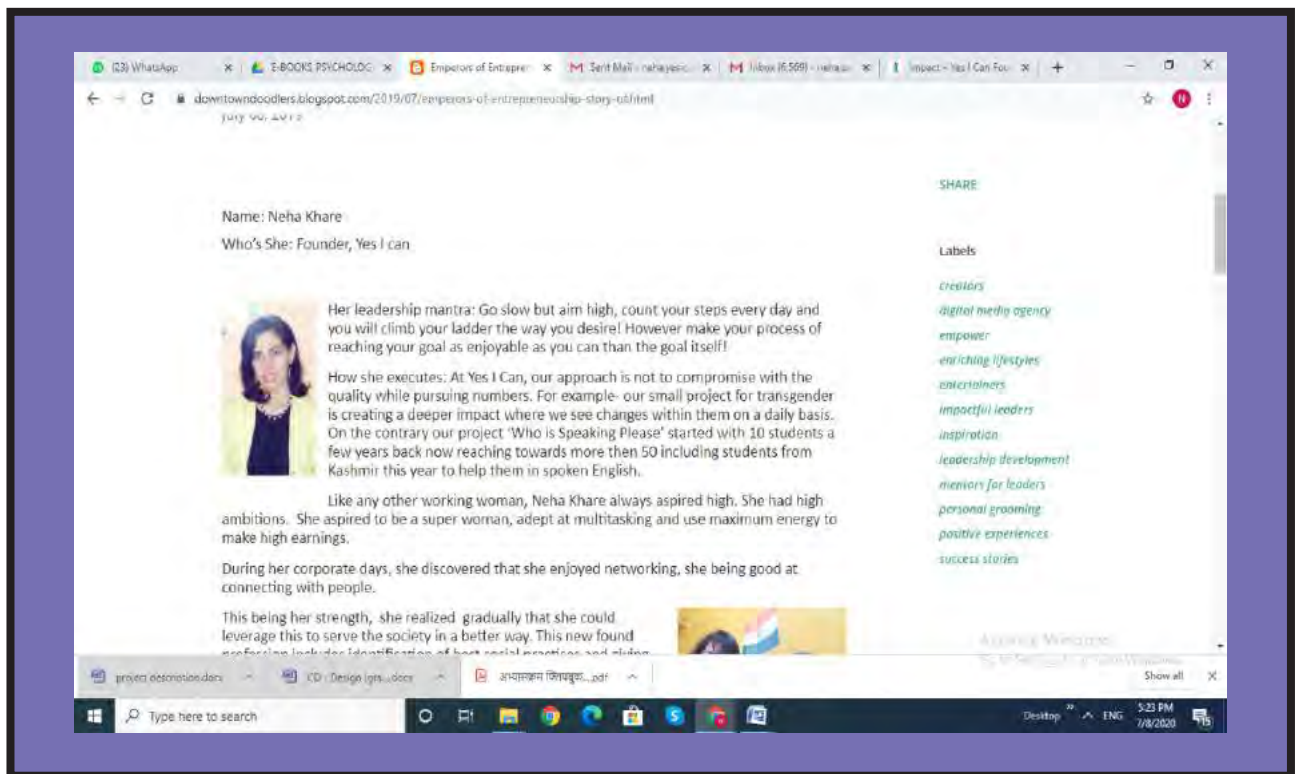


Media publications and achievements

We are delighted to share that during FY19-20 work by Yes I Can Foundation got recognized on various platforms and this was possible only because of the efforts taken by our volunteers, trainers and beneficiaries who has shown success after completing projects with us.

Recognition by Downtown doodlers/ June 2019

Yes I Can Foundation's founder was recognized by Downtown doodlers- platform where success stories about people with achievements are published on the web .



This article can be viewed at following link-

<https://downtowndoodlers.blogspot.com/2019/07/emperors-of-entrepreneurship-story-of.html>

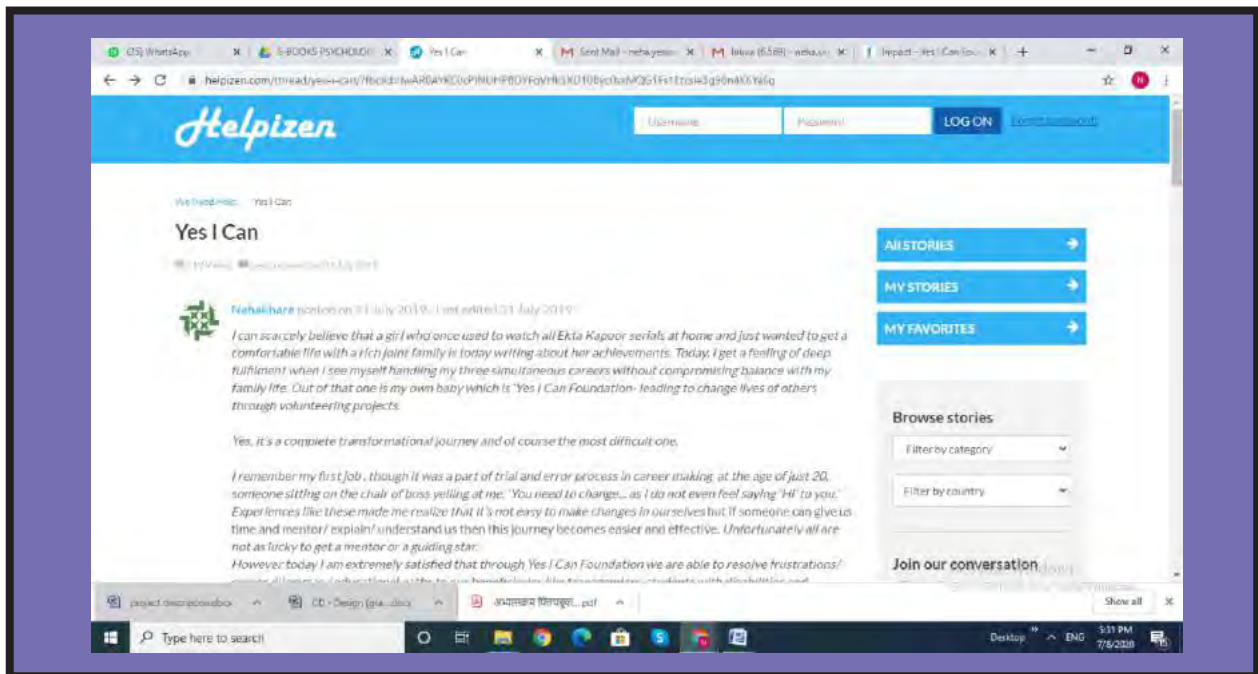
Recognition by Helpizen / July 19

Helpizen is a platform to recognize work done by individuals/ NGOs for the good of others.

A Helping-Citizen is a Helpizen. Any volunteer, social worker, activist, NGO is a Helpizen. Any person or entity working for the unfortunate beyond the ambit of their job is a Helpizen.

This platform helps all the stakeholders who are into providing help as well as at the receiving end through various projects.

Yes I can Foundation and its projects were highlighted through this platform

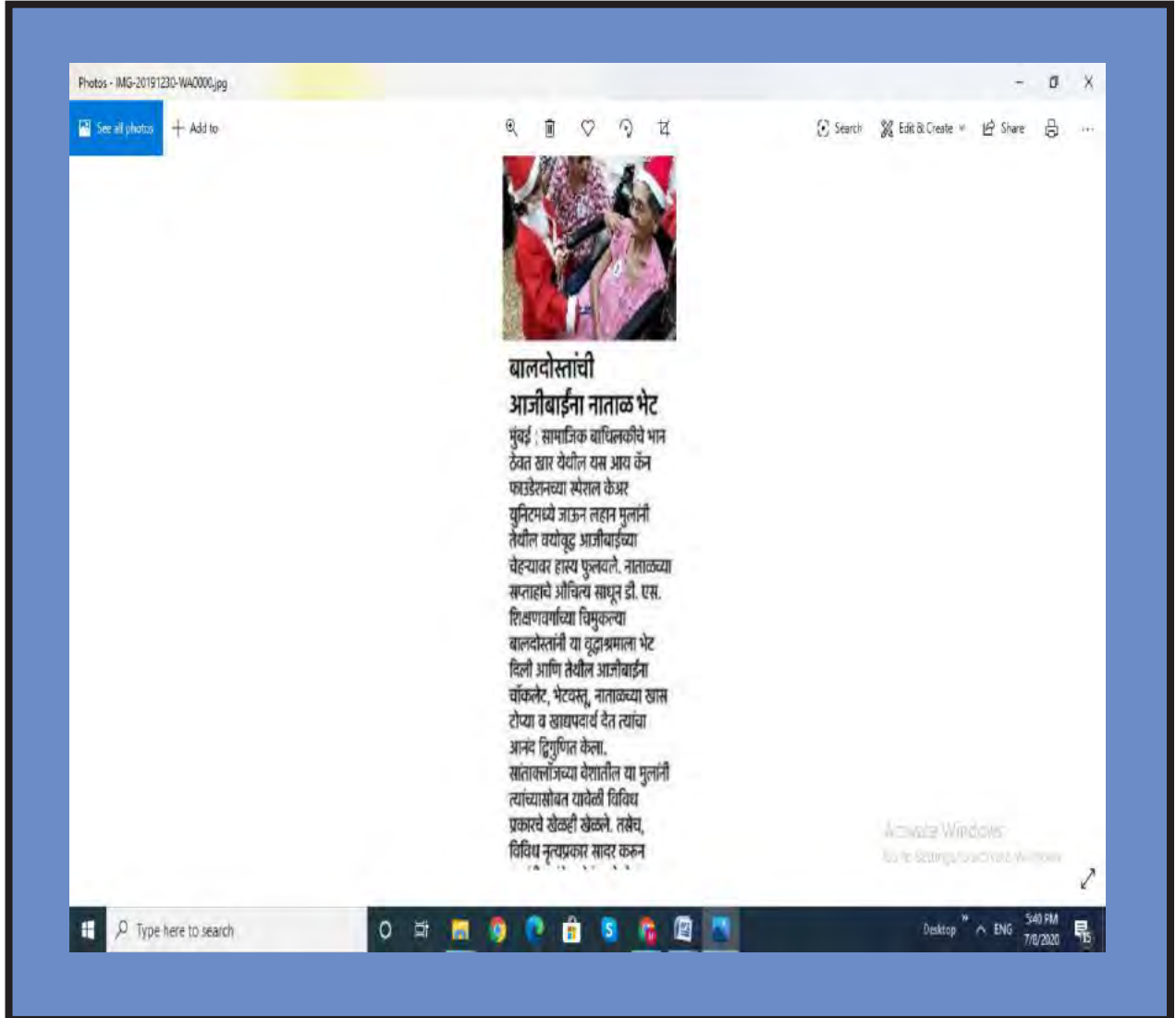


The entire article can be viewed at following link

<https://www.helpizen.com/thread/yes-i-can/?fbclid=IwAR0AYKC0cPINUHPBDYFqVHk3XD10Byc0sxMOG1Fs1Etsle3g98n4K6Ya6g>

Recognition by media – newspaper Lokmat/ Dec19

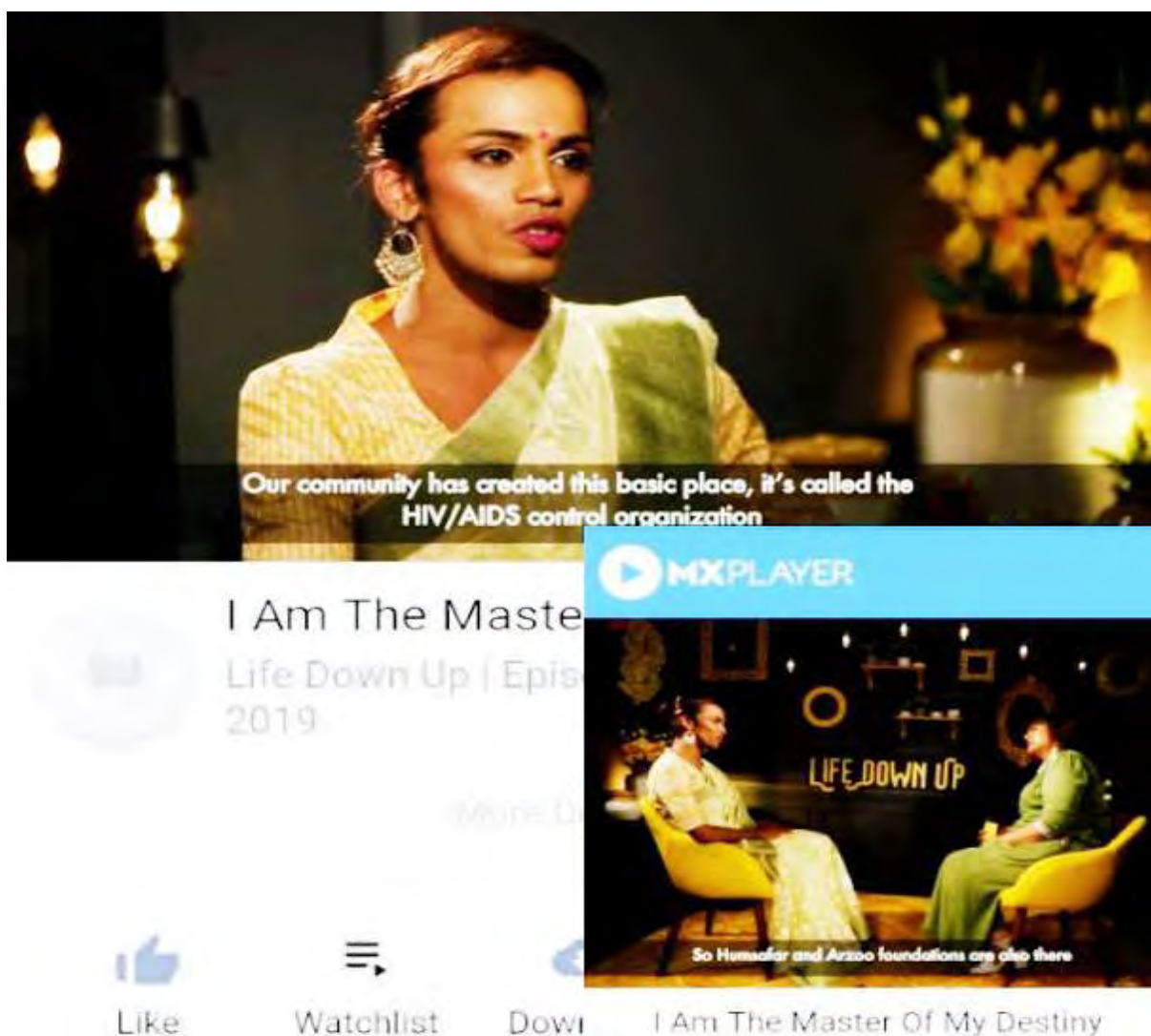
Yes I Can Foundation's campaign 'Make me Their Santa ' has been recognized by newspaper 'Lokmat ' Mumbai



Our transgender student Featured in web series ' Life Dawn Up' / July 19

Nothing is more precious than the achievement on students associated with the foundation. Our first transgender student 'Mahi' featured in web series title 'Life Dawn Up' as an achiever to showcase her struggle and perspective of transgender to common people. Mahi shared her journey of begging on the streets to living a normal life and working a respectable job today.

We are proud of Mahi for her achievements.



the entire episode is available on

<https://www.mxplayer.in/show/watch-life-down-up/season-1/i-am-the-master-of-my-destiny-online-23d2f97057e96a95d3be4de0ae972712>

Felicitations and awards

Yes I Can Foundation as a part of its skills development project for underprivileged girls with ASMITA social cultural and educational trust in Mumbai – Jogeshwari has felicitated the foundation for the efforts taken for the students for the geriatric training along with first batch of students completed the training.

On the occasion of women's day, our team was felicitated by trustees of ASMITA social cultural and educational trust and chief guest Ms. Neha Khare (Programme Executive All India Radio, Mumbai).

We are glad that we could share our journey and experiences by students for this felicitation on the occasion of Women's day.



From the left- Ms.Neha Khare- Founder Yes I Can, Ms.Neha Khare- All India Radio, and geriatric batch students.

JOIN OUR TEAM

GIVING to others can also help protect your mental and physical health. It can reduce your stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

Volunteering is a simple healthy giving for someone's happiness and health, volunteering doesn't have to involve a long-term commitment just a small contribution from your busy day.

- Volunteering connects you to others
- Volunteering can advance your career
- Volunteering is good for your mind and body
- Volunteering brings fun and fulfilment to your life.

Life with YES I CAN becomes different for those who love to volunteer.

Yes I Can for homemakers- they just need to schedule some time from daily routine with us. Builds a network for volunteers to helps them for brainstorming in various ways.

Yes I Can for Professionals- volunteering gives opportunity to practice important skills used in the workplace. Such as, teamwork, communication, project planning, task management and organization.

Yes I Can for Entrepreneurs- helps in building connections to future potential customers and employees. When you do volunteering, you more than likely aren't doing it for the sole benefit of network building.

Yes I Can for students- it helps them to grow more as a volunteer, with volunteering they can learn different skills and leadership qualities for better job opportunities. Yes I Can offers various types of internship opportunities to students with appreciation certificates.



How to connect with us

Visit our website and fill volunteer register form

<http://www.yesicanfoundation.in>

Write to us with your interest area through which you dream about an ideal society.

Neha.yesicanfoundation@gmail.com

Contact us through our Facebook page

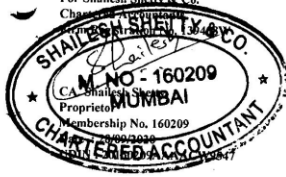
<https://www.facebook.com/Yes-I-Can-Foundation-539914696341586>



YES I CAN FOUNDATION
(PUBLIC TRUST No. E-10669 (THANE) dt. 11-07-2017)
INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31/03/2020

Prev. Year Rs 31/03/2019	EXPENDITURE	Curr. Year Rs 31/03/2020	Prev. Year Rs 31/03/2019	INCOME	Curr. Year Rs 31/03/2020
-	Accounting Charges	12,500.00	1,28,518.00	Donation Received	1,89,026.60
10,000.00	Audit Fees	10,000.00			
-	Website Designing Charges	18,255.00			
84,767.00	Charity to Poor	85,058.00			
-	Conveyance Expenses	11,180.00			
-	Books & Periodicals	19,940.00			
18,610.00	Office Expenses	-			
-	Printing & Stationery Expenses	4,942.00			
-	Professional Fees	5,000.00			
		-----	1,66,875.00		
15,141.00	Excess of Income over Expenditure transferred to Balance Sheet	22,151.60	-	Excess of Expenditure over Income transferred to Balance Sheet	-
1,28,518.00	TOTAL Rs	1,89,026.60	1,28,518.00	TOTAL Rs	1,89,026.60

As per our report of even date
For Shailesh Shetty & Co.
Chartered Accountants



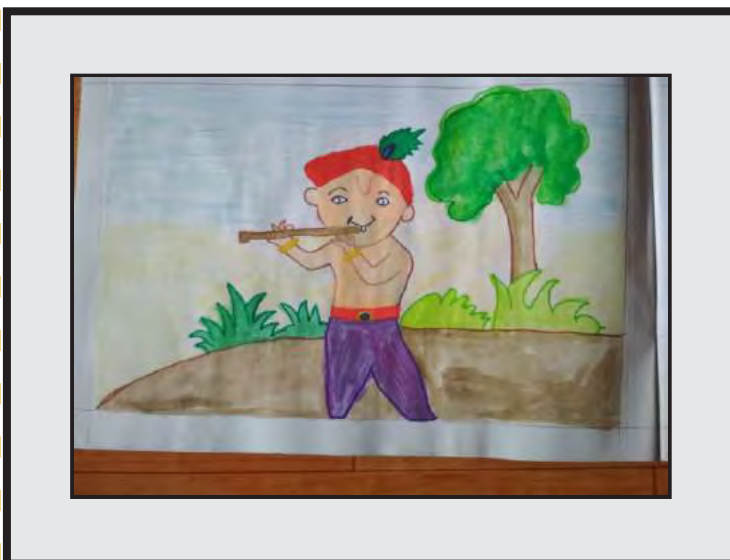
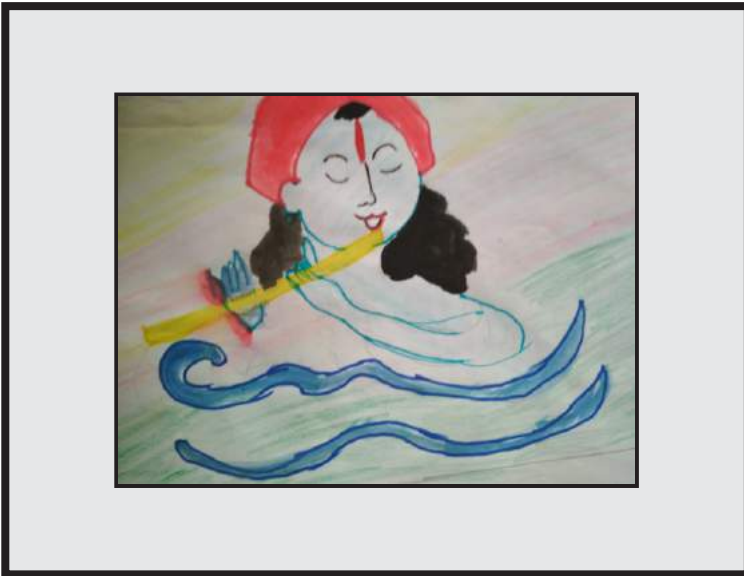
[Signature]
President

For YES I CAN FOUNDATION

[Signature]
Hon. Gen. Secretary

Hon. Treasurer

Art Corner - By our Specially abled Student.



Art corner Project Saksham Women Empowerment- Jewellery designs





Report conceptualization - Neha Khare (Founder, Yes I Can) , Content mapping - Ms. Sangita (Amity University Delhi) , Art work and desktop Publishing by - Tushar Jadhav .
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